

PARKINSON'S ON/OFF DIARY

Date including day of the week: _____

Mark with ✓ each box that applies below:

TIME AM	ON	OFF	ON w DYS	ASLEEP	TIME PM	ON	OFF	ON w DYS	ASLEEP
12:00-1:00					12:00-1:00				
1:00-2:00					1:00-2:00				
2:00-3:00					2:00-3:00				
3:00-4:00					3:00-4:00				
4:00-5:00					4:00-5:00				
5:00-6:00					5:00-6:00				
5:00-7:00					6:00-7:00				
7:00-8:00					7:00-8:00				
8:00-9:00					8:00-9:00				
9:00-10:00					9:00-10:00				
10:00-11:00					10:00-11:00				
11:00-12:00					11:00-12:00				

TERMS

ON: Good or almost normal mobility

OFF: Stiffness, noticeable decrease in mobility, or immobility

ON w DYS: Mobility is troubled by dyskinesia (involuntary twisting and turning movements)

ASLEEP: Time spent asleep